



Winter 2011

Mailing List Update

We are currently updating our mailing list.
To add or remove your name from our list,
please call 240-777-6870, or send an email to
rec.mainstream@montgomerycountymd.gov



Phone: 240-777-6870 | TTY: 240-777-6974
montgomerycountymd.gov/rec

Special Events!

Exciting Dances for Teens and Adults, ages 15 and up, with disabilities. Listen to the latest hits played by a DJ, light refreshments, and opportunities to have fun with old and new friends! Do the YMCA, ELECTRIC SLIDE, CHA-CHA SLIDE and more! Doors open at **7:00pm**. Transportation must be arranged prior to the event, with pick-up at **10:00pm**. Bring ID for check in. **A registration form is required.** Receipts are mailed or e-mailed. Make it easy; please Pre-Register, so you don't have to stand in line.

Cost:

\$8.00 for club members;
\$10.00 for non-club members
Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton



Winter White Dance

Saturday
January 22, 2011
Course # 292120

St. Patty's Day Dance

Saturday
March 5, 2011
Course # 292121



RecWeb

Easy...Fast...Secure!

recweb.montgomerycountymd.gov/rec

Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

Facility Locations

Germantown Indoor Swim Center 18000 Central Park Circle, Boyds
Montgomery Aquatic Center 5900 Executive Blvd., N. Bethesda
Martin Luther King Swim Center 1201 Jackson Rd., Silver Spring
Olney Indoor Swim Center 16605 Georgia Ave., Olney
Bauer Drive Community Center 14625 Bauer Dr., Rockville
Damascus Community Center 25520 Oak Dr., Damascus
Germantown Community Center 18905 Kingsview Rd., Germantown
Good Hope Community Center 14715 Good Hope Rd., Silver Spring
Longwood Community Center, 19300 Georgia Ave., Brookville
Potomac Community Center 11318 Falls Rd., Potomac
Upper County Community Center 8201 Emory Grove Rd., Gaithersburg
Wheaton Community Center 11711 Georgia Ave., Wheaton
Holiday Park Senior Center 3950 Ferrara Dr., Wheaton
Inwood House 10921 Inwood Ave., Silver Spring
MCRD Field 4010 Randolph Rd., Silver Spring

Montgomery College – Disability Support Services

Disability Support Services (DSS) is dedicated to assisting students with disabilities accomplish their personal, scholastic and career goals. We do this by teaching academic and advocacy skills; eliminating the physical, technical and attitudinal barriers that limit opportunities; and promoting an awareness of the experience of persons with disabilities within social, political, and economic constructs.

Counseling and Advising Building
Room CB122
51 Mannakee
Rockville, MD 20850

For information, e-mail DSS at: dss@montgomerycollege.edu
240-567-5058 (VOICE)
301-294-9672* (TTY - sign language interpreter requests for all campuses or e-mail Julie Rogers
240-567-5097 (FAX)
301-279-5648* (TTY – Security)



Get Montgomery County Government information
and non-emergency services, by calling:



www.montgomerycountymd.gov/311

For calls made outside of Montgomery County: 240-777-0311
240-773-3556 TTY

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services, please call a mainstream facilitator (240-777-6870) to discuss your needs.

Exercise and Movement

Karate for Individuals with Disabilities

Ages 6 and up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9:00 class.

10 Sessions

\$90

Instructor: TKA, Inc.

292099	Holiday Park Sr Ctr	1/8	Sa	9:00am - 9:45am
292100	Holiday Park Sr Ctr	1/8	Sa	10:00am -10:45am

TR Creative Expression and Dance

Children ages 7-12 years old with disabilities. Through dance and creative movement, this class will offer children the opportunity to increase motor skills while developing self-confidence and creativity through the art of dance.

6 Sessions

\$30

Instructor: REC Staff

292119	Germantown CC	1/22	Sa	2:30pm - 3:15pm
--------	---------------	------	----	-----------------

Fun Rhythm & Roll

Ages 15 and up. Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Designed especially for individuals with developmental disabilities. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow one- and two-step instructions.

10 Sessions

\$75

Instructor: Sue E. Green

292096	Holiday Park Sr Ctr	1/8	Sa	10:00am -10:45am
--------	---------------------	-----	----	------------------

E-Z Hip Hop

Ages 15 and up, with developmental disabilities. Join the fresh and exciting dance moves to the beat of hip hop music. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

10 Sessions

\$75

Instructor: Sue E. Green

292094	Holiday Park Sr. Ctr.	1/8	Sa	11:00am -11:45am
--------	-----------------------	-----	----	------------------

Moving With Multiple Sclerosis

Ages 18 and up, with Multiple Sclerosis. Exercise helps maintain flexibility in joints and muscle strength, relaxes the body and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

6 Sessions

\$35

Instructor: Mike Alalof

292101 Germantown CC 1/23 Su 1:00pm - 2:00pm



Slow 'n Easy Aerobics

Ages 15 and up with disabilities.

Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one and two step instructions. 1 staff to 10 participants.

8 Sessions

\$35

Instructor: REC Staff

292112	Wheaton CC	1/10	M	7:00pm - 8:00pm
292113	Potomac CC	1/18	Tu	7:00pm - 8:00pm
292114	Damascus CC	1/20	Th	7:00pm - 8:00pm
292115	Bauer Drive CC	1/20	Th	7:00pm - 8:00pm
292116	Longwood CC	1/18	Tu	7:00pm - 8:00pm

Turn the Beat Around

Ages 15 and up with disabilities. Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to indicate basic wants and needs and have minimum self-help skills. 1 staff to 10 participants.

8 Sessions

\$35

Instructor: REC Staff

292124	Good Hope CC	1/19	W	7:00pm - 8:00pm
292125	Upper County CC	1/19	W	7:00pm - 8:00pm

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services. Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least** 2 weeks prior to the start of the program. Please call 240-777-6870, TTY 240-777-6974, to schedule an intake for accommodations needed. Email: rec.mainstream@montgomerycountymd.gov. Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and not guaranteed.

Volunteers Needed!

Support an individual with a disability or a therapeutic recreation program. Call the Volunteer Coordinator at 240-777-6870.



Weekend Adult Social Clubs



Adult clubs are designed to enhance community participation, skill development, and decision making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic needs.

Membership Process

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. Winter Schedule will begin in January. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

Active Adults Club

Adults, ages 21 and older with developmental disabilities. Events require members to actively participate in community trips and group activities. 1 staff to 5 participants. Average 2-3 activities per month.

Winter Membership only (January - March) \$40.00

Weekenders Club

Adults, ages 21 and older with learning disabilities. This club serves independent members in group activities that are socially exciting in the community. 1 staff to 6 participants. Average 2-3 activities per month.

Winter Membership only (January - March) \$40.00

Socializers

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants. Average 1 activity per month. Base meeting site: Inwood House.

Winter Membership only (January - March) \$20.00

Leisure Skill Programs

TR Cooking for Kids

Ages 7 to 12. This is a program for children with disabilities, siblings and friends. Everyone will help make, eat and clean up a tasty snack each class. Focus will be safe food preparation, healthy food choices and socialization. Parent participation is optional.

6 Sessions \$45

Instructor: REC Staff

292118 Germantown CC 1/22 Sa 12:30pm - 2:00pm

On The Move

Teens and young adults, ages 16 to 21 who attend Learning For Independence (LFI) in high school. This popular class is back with and extended to 4 hours. Ctr/ Community based activities that include cooking, games, trips on Ride-On (should purchase smart card) and more. Participants must have communication skills, basic money management skills, ability to travel safely and know how to have fun! All fees are to be paid by EACH participant. 1 staff to 5 participants.

6 Sessions \$80

Instructor: REC Staff

292102 Bauer Drive CC 1/15 Sa 12:00pm - 4:00pm

BIG Game Nights

Ages 13 & Up, with disabilities. Have fun playing oversized games with your friends, and come make new friends too! Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Meets 1/14, 1/28, 2/11, 2/25, and 3/11.

5 Sessions \$40

Instructor: REC Staff

292117 Holiday Park Sr Ctr 1/14 F 7:00pm-9:30pm

Beginning Handbuilt Pottery for Adults

Ages 18 and up, with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$68

Instructor: Pamela Reid

292092 Wheaton CC 1/12 W 1:30pm - 2:30pm

Aquatic Classes

Adult Swim

Ages 18 and up with disabilities. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 3 participants. No personal care assistance provided.

8 Sessions

\$37

Instructor: REC Staff

292088	MLK Swim Ctr	1/18	Tu	8:00pm - 9:00m
292090	Gmntwn IndrSwCtr	1/18	W	8:30pm -9:30pm
292089	MAC	1/20	Th	8:30pm -9:30pm
292091	Olney Swim Ctr	1/21	F	7:00pm - 8:00pm

Water Aerobics - TR

Ages 18 and up with disabilities. If you need to get into shape, then this slow paced aerobics class done in shallow water is for you. Workout uses water to cushion feet, knees and back. Emphasis is on fun and improving your cardiovascular conditioning.

8 Sessions

\$63

Instructor: Peggy Brower

292126	MLK Swim Ctr	1/9	Su	4:00pm - 5:00pm
--------	--------------	-----	----	-----------------

RecTransitions

RecTransitions is a Therapeutic Recreation program designed for middle and high school students enrolled in Special Education.

Students enrolled in the School Community Based (SCB) and the Learning For Independence (LFI) programs are the targeted audience. Rec is short for Recreation and Transitions refers to the Transition Program that moves students from school to work. Combining the two areas prepares students for recreational opportunities that they may pursue during their leisure time. Offerings this year include Water Aerobics, Yoga and Hip Hop Line Dance and Circuit Training classes. Contact your child's school or our office at 240-777-6870 if you are interested.



Ways to Register

- RecWeb online: montgomerycountymd.gov/rec
- Fax: 240-777-6818 (payment by VISA or MasterCard)
- Mail or Walk In: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

Payment Information

Full payment is due with registration. Non-county residents pay an additional \$15 per participant per activity. Financial assistance is available to county residents who qualify. Call 240-777-6840 for information. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received. In addition, all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

Recreation Department Late Pick Up Policy

An overtime fee of \$10 for each fifteen minutes (or portion of 15 minutes) is assessed regardless of the reason for being late. Payment is due at the time of pick up. Individual may not participate in future activities until late payment is made.



Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
(if under 18 years) Mother's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____
Father's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

*If you are a non-resident, include an additional \$15.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902. Total Amount Due: \$

☐ Master Card ☐ Visa Card No. _____ Expiration Date _____

CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____